

Woodland Wellness in the Forest



Woodland Wellness in the Forest offers a three-hour escape from the busyness of life, where participants can fully immerse themselves in the beauty of the Niagara Escarpment and take in the many gifts that nature has to offer.

Immerse yourself in an interactive and experiential Nature tour, where you'll engage your senses to embrace the beauty of the natural surroundings. Guided by Raven, we'll embark on the Keyhole side trail, where magnificent moss-covered rock boulders create a breathtaking spectacle of sights, sounds, and aromas that will inform and inspire you.

Enjoy hands-on learning, soul-nurturing rituals, silent meditation, and other enriching experiences to reduce stress and promote self-awareness and well-being.

- Embark on a journey of exploration through the animal and plant kingdom, where symbolism and metaphor reveal profound insights. Discover your birth totem, a guiding force that leads you to a deeper understanding of yourself and our intricate connection with the natural world.

- Learn mindfulness practices, relaxation techniques, and silent reflections to deepen your connection to your surroundings and inner self.
- Enhance your connection to nature by exploring the therapeutic benefits of Cedar through essential oils, herbal tea, and natural toothbrush alternatives.

If you're looking for a meaningful and inspiring experience, you've come to the right place.

Where does this program take place?

Woodland Wellness in the Forest – Nottawasaga Bluffs (Glen Huron)

How much does the program cost?

3 hrs: \$65 p.p. for groups 4+ / \$80 p.p. minimum 2 people (adults only)

How many people are needed to secure a program?

Two or more

About your guide:

Raven is an accomplished public speaker, storyteller, outdoor educator, musician, and author. She skillfully combines her diverse talents and passion for the environment to create a one-of-a-kind experiential learning experience. Raven's approach fosters peace and potential, enriching the knowledge and appreciation of the natural world. Her invitations to return, reflect, release, and reclaim connections to the land have resonated with countless individuals on their journeys of self-discovery and empowerment. You can find out more about Raven by visiting www.ravenspeaks.ca